

The present invention provides a recording/reproduction apparatus which can record AV data at a variable rate as well as so as to enable trick plays. This recording/reproduction apparatus reads data from an HDD 8 and carries out a recording/reproduction process for the read data, and it comprises a reproduction means 10 for reading first MPEG data from the HDD 8, an analysis means 30 for obtaining positional information indicating positions of previous and subsequent GOPs of a GOP in the first MPEG data on the basis of the read first MPEG data, a navigation information addition means 6 for adding the positional information in a determined position of the first MPEG data to generate second MPEG data, and a recording means 7 for recording the second MPEG data on an optical disk 9.